

## WHAT IS CLAIMED IS:

1. A composition comprising:
  - (a) a polysaccharide component comprising xylose and arabinose, wherein the ratio of xylose to arabinose is at least about 3 : 1, by weight;  
and;
  - (b) a dispersing component selected from the group consisting of binders, suspending agents, edible acids, and mixtures thereof.
2. The composition according to Claim 1 wherein when:
  - (a) the composition comprises a binder, at least one binder is selected from the group consisting of polyols and starches;
  - (b) the composition comprises a suspending agent, at least one suspending agent is a gum; and
  - (c) the composition comprises an edible acid, at least one edible acid is selected from the group consisting of lactic acid, citric acid, malic acid, fumaric acid, adipic acid, phosphoric acid, gluconic acid, tartaric acid, ascorbic acid, acetic acid, phosphoric acid, and succinic acid.
3. The composition according to Claim 2 comprising a binder.
4. The composition according to Claim 3 further comprising agglomerates, wherein the agglomerates comprise at least a portion of the polysaccharide component and binder.
5. The composition according to Claim 4 wherein the agglomerate comprises from about 10% to about 90% of polysaccharide component, by weight of composition.
6. The composition according to Claim 4 comprising from about 20% to about 50% of polysaccharide component, by weight of composition.
7. The composition according to Claim 4 wherein the agglomerate comprises from about 30% to about 70% of polysaccharide component, by weight of composition.

8. The composition according to Claim 4 wherein the agglomerates comprise from about 10% to about 90% of xylose and arabinose, by weight of the agglomerates.
9. The composition according to Claim 8 wherein the polysaccharide component further comprises a component selected from the group consisting of galactose, glucose, uronic acid, and mixtures thereof.
10. The composition according to Claim 9 wherein the agglomerates comprise from about 10% to about 90% of binder, by weight of the agglomerates.
11. The composition according to Claim 10 wherein the binder comprises maltodextrin.
12. The composition according to Claim 10 wherein the agglomerates comprise from about 20% to about 80% of xylose and arabinose, by weight of the agglomerates.
13. The composition according to Claim 10 wherein the agglomerates comprise from about 10% to about 60% of binder, by weight of the agglomerates.
14. The composition according to Claim 13 wherein the binder comprises maltodextrin.
15. The composition according to Claim 14 wherein the agglomerates comprise from about 30% to about 70% of xylose and arabinose and from about 20% to about 50% of binder, all by weight of the agglomerates.
16. The composition according to Claim 15 further comprising a component selected from the group consisting of lubricating agents, emulsifiers, surfactants, cellulosic materials, and mixtures thereof.
17. The composition according to Claim 3 comprising an edible acid.
18. The composition according to Claim 17 wherein the agglomerates comprise an edible acid.
19. The composition according to Claim 18 wherein at least one edible acid is citric acid.

20. The composition according to Claim 18 wherein the agglomerates comprise from about 0.001% to about 8% of edible acid, by weight of the agglomerates.
21. The composition according to Claim 20 wherein the agglomerates comprise from about 1% to about 6% of edible acid, by weight of the agglomerates.
22. The composition according to Claim 4 comprising a starch, wherein the agglomerates and at least a portion of the starch are physically distinct.
23. The composition according to Claim 22 comprising from about 10% to about 90% of starch, by weight of the composition.
24. The composition according to Claim 4 comprising a gum, wherein the agglomerates and at least a portion of the gum are physically distinct.
25. The composition according to Claim 24 comprising from about 0.001% to about 10% of gum, by weight of the composition.
26. The composition according to Claim 25 wherein at least one gum is selected from the group consisting of tara gum and guar gum.
27. The composition according to Claim 1 further comprising an aqueous liquid.
28. A method of preparing a product comprising admixing the composition according to Claim 1 with an aqueous liquid.
29. The method according to Claim 28 wherein the aqueous liquid comprises water.
30. The method according to Claim 28 wherein the aqueous liquid comprises fruit or vegetable juice.
31. A method of providing a benefit selected from the group consisting of normalizing bowel function, inducing laxation, providing dietary fiber, reducing serum cholesterol levels,

and combinations thereof, comprising orally administering a product comprising the composition according to Claim 1 to a mammal in need of the benefit.

32. The method according to Claim 31 comprising admixing the composition according to Claim.1 with an aqueous liquid to form the product.